

JOURNAL

MOVING INTO YOUR NEXT: FOUR KEYS TO UNLOCKING YOUR NEW SEASON



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A NOTE FROM THE AUTHOR

HELLO EXCEPTIONAL WOMAN!

Thank you so much for joining me on **The Exceptional Woman Tour!** I'm so grateful for the opportunity to connect with you virtually, and to learn from so many Exceptional Women from around the world!

I created this journal so you can go deeper with the message I shared "Moving Into Your Next: Four Keys to Unlocking Your New Season." I encourage you to take some time to reflect on the four keys and answer the questions below. I believe this journal will help you make the next steps into what you are called to do and be!

Please feel free to reach out to me at info@newseasonnewday.com to learn more about **New Season New Day Coaching and Mentoring**. I would love to hear from you!

Be blessed!

Coach Bre

**Brenna "Coach Bre" Fields Hayes
New Season New Day Coaching and
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KEY #1: THE PAST IS OUR PROFESSOR

What pivotal event(s) has happened in your life? (i.e., motherhood, health challenge, death of loved one)

Reflect on and write down the lessons that you've learned from these events.

After having learned the lessons, what next steps can you take to become a better you?

"Unlock The Door And Step In!"



KEY #2: YOUR MINDSET

When you talk to yourself (and we all do), what are you saying about you? Be honest!

Brainstorm some positive affirmations you can use to move to a more positive mindset (e.g., "I am strong and powerful.") Make them specific to you!

How will having a more positive mindset affect your future?

"Unlock The Door And Step In!"



KEY #3: YOUR PURPOSE

Why is it important to be clear on your life purpose?

How has your past given you clues into your life purpose?

What is your life purpose? Do you need help defining it?

"Unlock The Door And Step In!"



KEY #4: THE RIGHT TOOLS

Many of us have tried to fulfill our callings without help (myself included). How did that work out for you?

What tools do you need in order to walk in your purpose and experience success?

What is stopping you from enlisting the help you need?

"Unlock The Door And Step In!"



WHAT'S NEXT?

Now that you have the four keys to unlock your new season, what are your action steps to start moving forward?

A large, empty light grey rectangular box, intended for the user to write their action steps. It occupies the lower half of the page.



New Season New Day

LIFE COACHING AND MENTORING

***Thank you for joining me on the
Exceptional Woman Tour!***

***To learn more about me and
what we do at New Season New
Day, send an email to
info@newseasonnewday.com.***

We would love to help you!

HAVE QUESTIONS?

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**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT